MENTAL HEALTH & WELLNESS FOR PUBLIC SAFETY PROFESSIONALS

A course for all First Responders and 911 Call-Takers

Constant exposure to trauma, harm and death, impacts all public safety professionals greatly. As suicide rates and mental illnesses rise, it is more important than ever to understand the impacts of the unique stressors faced by all public safety professionals and learn ways to mitigate the impact. This course will do just that. One approach in understanding mental wellness is to understand the components that make up wellness, such as cognitive health, emotional health, and behavioral health.

In this 8-hr interactive course, we will discuss the unique stressors faced by public safety professionals along with many other important topics. This course will start from the perspective of a brand-new first responder and 911 call-taker and follow their career to a more senior perspective. The course will examine individual agency's culture as it relates to mental wellness and suicide prevention. Given the daily stressors in public safety, this course is critically important.

This course will cover the following topics:

- Stress of the workplace
- PTSD
- Brain Functions
- Sleep deprivation
- Psychological effects of stress
- Coping mechanisms
- And many more important areas



- ☐ **November 30, 2026 at the Hopkinton Police Department starting at 8:00 AM to 4:00 PM**
- ☐ **December 9, 2026 at the Newbury Police Department starting at 8:00 AM to 4:00 PM**
- ☐ **February 1, 2027 at the Middleborough Police Department at 8:00 AM to 4:00 PM**
- ☐ **February 8, 2027 at the Middleborough Police Department at 8:00 AM to 4:00 PM**
- ☐ **February 22, 2027 at the Middleborough Police Department at 8:00 AM to 4:00 PM**

Course fee: $225 per attendee

REGISTRATION			
ATTENDEE(s)			
1.		4.	
2.		5.	
3.		6.	
Agency:	Street:		
City	State	zip	
Agency Contact:		Phone #:	
Contact email:			
Method of Payment: Dept. Billing □	MasterCard □	Visa □	Check □ Other □

Fax registrations to (978) 467-4257 or Scan and email to team@hanrahanconsulting.com
Call (617) 612-5210 for more Information

www.HanrahanConsulting.com